

MOOD (AFFECTIVE) DISORDERS and ANXIETY DISORDERS

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TIP 42 Pages 226-231 and 369-379 DSM IV-TR APA 2000

Co-Occurring Substance Abuse and Mental Disorders by John Smith

Types of Mood Disorders

Divided into 3 Categories:

1. Depressive Disorders

- ❖ Distinguished from Bipolar Disorders by the fact there is no history of manic, mixed or hypomanic episode

- a. Major Depressive Disorder
- b. Dysthymic Disorder

Types of Mood Disorders

2. Bipolar Disorders

- a. Bipolar I Disorder
- b. Bipolar II Disorder
- c. Cyclothymic Disorder

Types of Mood Disorders

3. 2 Disorders Based on Etiology
 - ❖ Cause of Disease
 - a. Mood Disorder Due to General Medical Condition
 - b. Substance-Induced Mood Disorder

Criteria for Major Depressive Episode

- ❖ 5 or more of the following symptoms have been present during the same 2 week period & represent a change from previous functioning

Note: Do not include symptoms that are clearly due to a general medical condition or mood-incongruent delusions

Criteria for Major Depressive Episode

1. Depressed mood most of the day, nearly every day
 - ❖ Note: In children and adolescents can be irritable mood
2. Diminished interest or pleasure in all or almost all activities most of the day nearly every day
3. Significant change in weight or appetite
4. Insomnia or hypersomnia nearly every day
5. Feelings of restlessness or being slowed down nearly every day

Criteria for Major Depressive Episode

6. Fatigue or loss of energy nearly every day
7. Feelings of worthlessness or excessive guilt nearly every day
8. Diminished ability to concentrate or indecisiveness nearly every day
9. Recurrent thoughts of death and/or suicidal ideation

Criteria for Major Depressive Episode

- ❖ Symptoms do not meet criteria for Mixed Episode
- ❖ Symptoms cause significant impairment in important areas of functioning
- ❖ Symptoms are not due to direct physiological effects of substance abuse or general medical condition
- ❖ Symptoms are not better accounted for by situations such as bereavement

Criteria for Dysthymia

- ❖ Characterized by a depressed mood for most of the day, for more days than not, for at least 2 years
- ❖ Symptoms include feelings of inadequacy, loss of interest & social withdrawal, irritability, excessive anger & lethargy
 - ❖ Note: At some time in their lives, 6% of people will experience dysthymia disorder

Criteria for Manic Episodes (as part of Bipolar I Disorder)

1. A distinct period abnormally elevated, expansive or irritable mood
 - ❖ Lasting at least 1 week
2. The symptoms do not meet criteria for mixed episode
3. The mood disturbance causes marked impairment in daily function
4. Symptoms are not direct physiological effects of substance abuse or medical condition

Criteria for Manic Episodes (as part of Bipolar I Disorder)

5. During the period of mood disturbance, at least 3 of the following symptoms must be present:
 - a. Inflated self esteem or grandiosity
 - b. Decreased need for sleep
 - c. More talkative than usual
 - d. Flight of ideas or racing thoughts
 - e. Distractibility
 - f. Increase of psychomotor agitation
 - g. Excessive involvement in pleasurable activities

Criteria for Bipolar II Disorder

Individual has not experienced full manic episode, but has both periods of major depression & periods of at least 4 days of hypomanic state (lesser version of full mania)

Criteria for Cyclothymic Disorder

Mood disorder that involves fluctuating moods from above normal to below normal, but never has symptoms so severe or persistent as to meet diagnostic criteria for bipolar disorder

- ❖ Note: To reach disorder, disturbance must reach level great enough to have negative impact on individual's interpersonal or vocational life

Diagnostic Criteria for GAD

Generalized Anxiety Disorder

1. Excessive anxiety occurring more days than not for at least 6 months
 - ❖ Anxiety-sensations of nervousness, apprehension and/or fear
2. Person finds it difficult to control the worry
3. The focus of anxiety is not confined to features of Axis I disorder
4. The anxiety or physical symptoms cause clinical impairment in social or occupational areas of functioning
5. Disturbance is not due to physiological effects of substance abuse or general medical condition

Diagnostic Criteria for GAD

6. Anxiety is associated with 3 or more of following 6 symptoms:
 - ❖ Only 1 symptom required in children
 - a. Restlessness or feeling on edge
 - b. Being easily fatigued
 - c. Difficulty concentrating, mind going blank
 - d. Irritability
 - e. Muscle tension
 - f. Sleep disturbance

Other Common Anxiety Disorders

1. Panic Attack
2. Panic Disorder
3. Specific Phobia
4. Social Phobia
5. Obsessive Compulsive Disorder (OCD)
6. Post Traumatic Stress Disorder (PTSD)

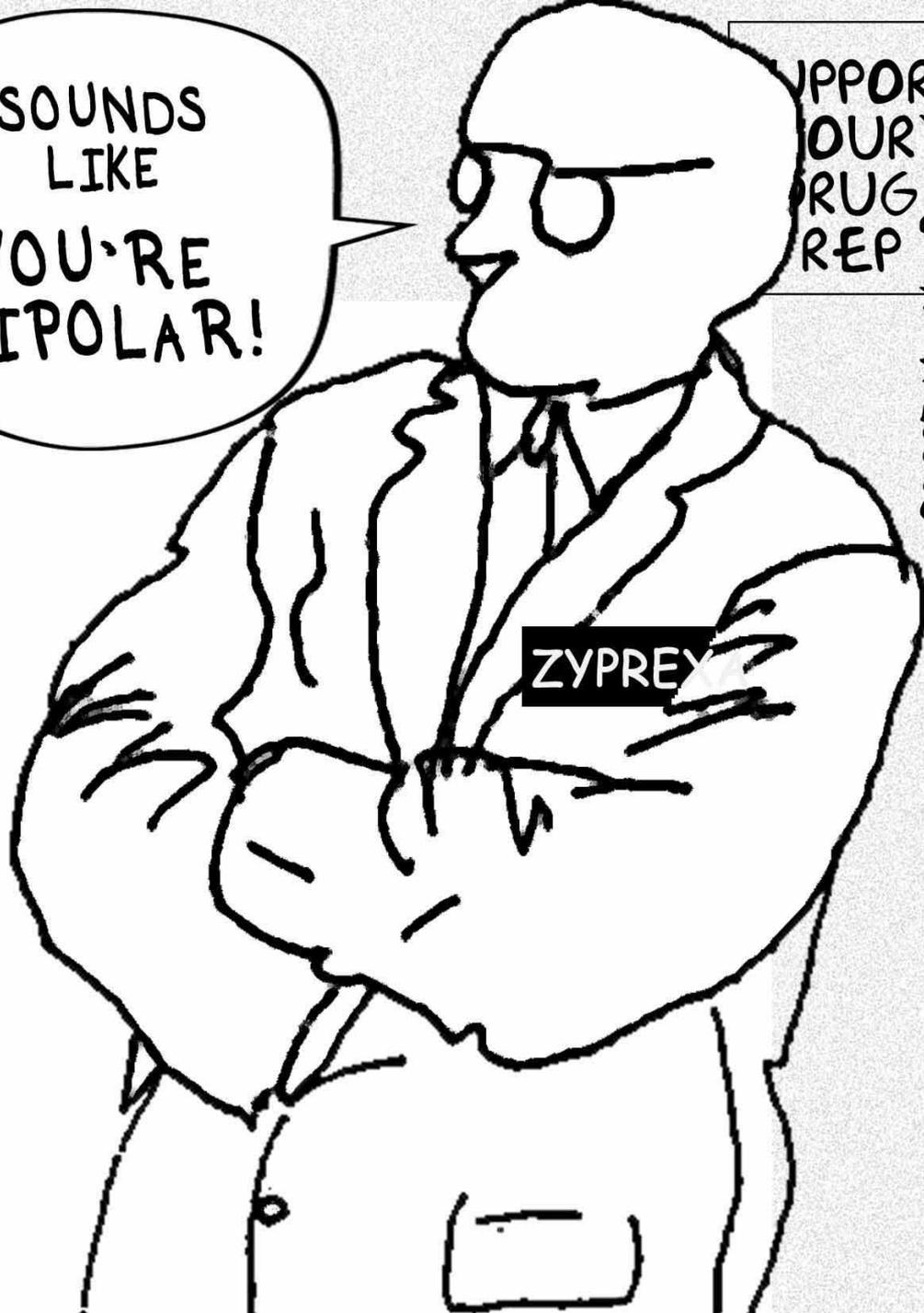
I'M HAVING SOME
TROUBLES AT
WORK AND IN
MY MARRIAGE

SOUNDS
LIKE
YOU'RE
BIPOLAR!

ZYPREX

SUPPORT
YOUR
DRUG
REP

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Counseling Tips

- ❖ Since mood & anxiety symptoms may result from substance abuse, not an underlying mental disorder, careful & continuous assessment is essential
- ❖ During 1st months of sobriety, exhibited symptoms of depression fade over time & are related to acute withdrawal
- ❖ Substance use is more often a cause of anxiety symptoms, rather than an effort to cure symptoms

Counseling Tips

- ❖ Medical problems & medications can produce symptoms of anxiety & mood disorders
- ❖ Acute manic symptoms may be induced or mimicked by intoxication with stimulants, steroids, etc.
- ❖ Older adults with dual diagnosis are more likely to have more frequent disorder episodes even if substance abuse is controlled

Counseling Tips

If mood or anxiety disorder has already been professionally diagnosed, the following is important to remember:

- ❖ Maintain a calm demeanor and reassuring presence with these clients
- ❖ Start with non-provocative topics and proceed gradually to build trust and comfort
- ❖ Monitor symptoms & respond immediately to any intensification of symptoms